

FDA Food Categories and Voluntary Targets

Explanation of

Appendix Table 1. Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods

From

Draft Guidance for Industry: Voluntary Sodium Reduction Goals: Target Mean and Recommended Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods

Table 1 below is from Appendix 1 to FDA's "[Draft Guidance for Industry: Voluntary Sodium Reduction Goals: Target Mean and Recommended Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods](#)". Table 1 summarizes the results of our analysis of the sodium content of the food supply in 2010, and identifies targets for both the mean (average) and upper bound sodium concentrations for a wide variety of food categories. We developed both short-term (2-year) and long-term (10-year) mean and upper bound targets for each category. These sodium concentration goals were informed by the distribution of sodium amounts in current packaged food products and menu items, as well as by publicly available information about the formulation of reduced-sodium foods.

These voluntary sodium concentration goals are intended to balance the need for broad and gradual reductions in sodium with what is publicly known about technical and market constraints on reduction and reformulation, to address industry's input (e.g. gradual approach), and to promote continued discussion on sodium reduction opportunities that will support increased food choices for consumers seeking a more diverse diet that is consistent with public health goals.

All categories and quantitative goals are currently in draft form. They are applicable to all products commercially processed, packaged, and prepared by industry (including food service establishments), regardless of whether they are sold directly to consumers, other manufacturers, or to food service establishments (restaurants and other food service establishments). Unless otherwise noted, each category includes all relevant food items containing added sodium sold in the United States. We suggest that food industry members consider using the voluntary goals in Table 1 to inform decisions regarding which ingredients and ingredient quantities can be modified to achieve meaningful and efficient sodium reduction.

Table 1 contains four key elements:

- (1) **Food Categories:** FDA organized foods into about 150 categories on the basis of: contribution to sodium intake, the amount of sodium added to the food (rather than naturally occurring), similar functional roles for sodium-containing ingredients, similar technical potential for reduction in sodium content, and compatibility with existing industry and regulatory categories. Food categories with potential for meaningful sodium reduction received voluntary targets, whereas other foods (such as those without added sodium or are infrequently consumed) did not.
- (2) **Baseline Sodium Concentrations:** FDA determined baseline levels of sodium in each food category using food label and restaurant nutrition data primarily from 2010. These serve as a starting point for measuring sodium levels in the food supply and for crediting companies on the sodium reduction progress already made. FDA weighted the sodium values of each food by sales volume in to order establish baselines that are more representative of the sodium in the food supply as this allows for more popular products to have a greater influence on the category average.
- (3) **Target Mean Sodium Concentrations:** Table 1 identifies target mean sodium concentrations for each food category, including both short-term and long-term targets. The targets indicate the desired sales-weighted average sodium concentration in each category. These targets apply to their respective food categories in the entirety of the food supply and not necessarily to any one

manufacturer's particular product portfolio, although they can be used as a tool for manufacturers to evaluate their own progress toward meaningful reduction.

- (4) **Upper Bound Sodium Concentrations:** Table 1 also identifies upper bound sodium concentrations for each food category, including both short-term and long-term targets. The upper bound is a standard that could be applied to every individual product in any particular category. This contrasts with target mean concentrations, which apply to each food category as a whole, rather than an individual food item.

Tables 1.01-1.16: Voluntary Sodium Reduction Goals: Target Mean and Upper Bound Concentrations for Sodium in Commercially Processed, Packaged, and Prepared Foods

Table 1.01 Dairy – Cheese - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
1	Blue/Blue-Veined Cheese (Semi-soft)	Blue, Gorgonzola and other Blue-veined cheeses, e.g. Roquefort.	1240		1180	1430	1050	1340
2	Gouda and Edam Cheese (Semi-soft)	Gouda and Edam cheeses.	893		850	1050	760	950
3	Processed Cheese/Cheese Food (Semi-soft)	Pasteurized processed non-spreadable cheeses, e.g. American cheese slices and processed cheese loaf.	1358		1210	1510	1000	1310
4	Monterey Jack and Other Semi-soft Cheese	Monterey Jack and other semi-soft cheeses, e.g. Havarti, Muenster, Provolone, and Fontina. Includes Mexican soft-cheeses, e.g. Casero, Panela and Cotija.	636		610	730	540	670
5	Cream Cheese (Soft)	All cream cheese spreads.	401	433	380	460	340	410
6	Cheese Spreads/Other Spreadable Cheese (Soft)	Pasteurized spreadable cheeses, pimento spreads, and other cheese spreads.	744		710	960	630	740
7	Brie and Other Ripened Cheese (Soft)	Brie, Camembert, chevre/goat cheese, and other mold-ripened cheeses.	499		470	610	420	510
8	Pasta Filata Cheese (Soft)	Mozzarella cheeses and other Pasta Filata cheeses. Excludes "fresh Mozzarella".	716		680	830	610	750
9	Feta Cheese (Soft)	Feta and Feta-style cheeses (salted in brine).	1174		1120	1340	1000	1220

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
10	Cottage and Other Soft Cheese	Cottage cheese and other soft cheeses, e.g. Mascarpone and queso fresco.	355		340	430	300	380
11	Cheddar and Colby Cheese (Hard)	Cheddar and Colby cheeses.	649		615	730	550	625
12	Swiss and Swiss-type Cheese (Hard)	Swiss, Gruyere, and Emmentaler cheeses.	221		210	380	190	310
13	Parmesan and Other Hard Cheese	Parmesan, Romano, Asiago, and other hard cheeses.	1554		1480	1800	1320	1690

Table 1.02: Fats, Oils, and Dressings - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
14	Butter	Frozen and refrigerated butter; e.g. sticks and whipped products. Excludes vegetable oil and butter blends (see 15).	655	626	580	710	460	620
15	Margarine and Vegetable Oil Spreads	Semi-solid and solid vegetable oil products. Includes blends.	719	816	680	740	500	690
16	Mayonnaise and Other Sandwich Spreads ⁶	Mayonnaise and other sandwich spreads/dressings. Includes vegan products.	649	591	570	730	450	610
17	Salad Dressing ⁶	Shelf stable and refrigerated salad dressing. Includes oil and vinegar based dressings and creamy dressings. Excludes salad dressing dry mixes (see 52).	1047	965	880	1200	590	920

Table 1.03: Fruits, Vegetables, and Legumes - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
18	Frozen Vegetables and Legumes	Frozen vegetables and legumes in sauce and/or seasoning. Excludes frozen French fries.	195		150	260	80	180
19	Canned Vegetables	Canned and bottled vegetables, legumes, and creamed vegetables in sauce and/or seasoning. Includes canned potatoes.	307		290	360	250	320
20	Sauerkraut	Refrigerated and canned sauerkraut.	571		510	640	400	560
21	Olives without Additions	Olives in brine or water. Excludes stuffed olives with additions (see 22)	836	1008	800	910	630	780
22	Olives with Additions	Stuffed olives and olives in oil or sauce. Excludes olives without additions (see 21)	1856		1700	2220	1430	1970
23	Pickled Vegetables ⁶	Pickled vegetables, e.g. peppers, cucumbers, and beets. Excludes sauerkraut (see 20) and olives (see 21 and 22).	564		500	670	410	550
24	Vegetable Juice ⁶	Vegetable-based juices and cocktails, e.g. tomato juice.	220		200	280	150	200
25	Battered/Breaded Vegetables	Fried or baked vegetables, e.g. onion rings, fried jalapeños, and fried green beans.		560	490	660	360	510
26	Fried Potatoes without Toppings	Fried, seasoned potatoes without additions, e.g. French fries, tater tots, and sweet potato fries. Excludes fried potatoes with toppings such as cheese, meat, and/or condiments (see 27).		385	310	490	190	340
27	Fried Potatoes with Toppings	Fried, seasoned potatoes with additions and/or toppings, such as cheese, meat, and/or condiments etc. Excludes fried potatoes without toppings (see 26).		534	480	640	370	530
28	Hash Browns and Home Fries	Baked, fried, or pan-fried hash browns and home fries.		526	480	590	410	540



Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
29	Potato Side Dishes	Potato side dishes, e.g. mashed potatoes with gravy or sauce, scalloped potatoes, and baked potatoes with toppings such as cheese. Excludes fried potatoes (see 26), mashed potatoes (see 30.a and b), and hash brown and home fries (see 28).		409	300	480	140	290
30.a	Mashed Potatoes, Prepared	Prepared, seasoned mashed potatoes without gravy or sauce.		309	280	350	220	300
30.b	Mashed Potatoes, Dry Mix	Dry mix mashed potatoes with or without additions.	1797		1620	1840	1300	1760

Table 1.04: Nuts and Seeds - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
31	Nuts and Seeds	Nuts and seeds.	413		350	490	200	330
32	Nut/Seed Butters and Pastes	Nut butters and seed pastes. Includes tahini.	447	436	400	500	300	430

Table 1.05: Soups - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
33	Canned, Condensed Soup	Condensed canned soup.	581		520	700	430	630
34	Canned, Ready-to-Eat Soup	Ready-to-eat canned soup. Excludes chili (see 130).	265		230	310	200	260
35	Dry Mix Soup	Dry mix soup. Includes instant Asian-style noodles.	1892		1640	2080	1290	1810



36	Shelf Stable Liquid Broth and Stock	Shelf stable liquid stocks and broths, e.g. chicken, beef, and vegetable-based stocks or broths.	401		360	450	280	390
37	Frozen Soup	Frozen soup as prepared.	259	346	230	340	200	260
38	Refrigerated Soup	Refrigerated soup as prepared.	317		285	375	250	330

Table 1.06: Sauces, Gravies, Dips, Condiments, and Seasonings - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean (P)	2010 Baselines ² Sales-Weighted Mean (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
39	Soy Sauce	Soy sauce.	6833		6100	7970	4250	5870
40	Asian-style Sauce	Asian-style sauces and condiments, e.g. teriyaki, hoisin, sweet and sour, stir-fry, and duck sauces. Excludes soy sauce (see 39).	2147	1751	1600	3050	700	1690
41	Mexican-style Sauce	Mexican-style sauce, e.g. mole, taco sauce, and enchilada sauce. Excludes dry seasoning mixes (see 52), cheese-based sauces (see 44), and dips (see 48).	579	784	550	730	410	570
42	Pesto	Pesto sauces, e.g. standard pesto, basil sauce, and sun-dried tomato pesto sauce.	821		670	1000	450	640
43	Tomato-based Sauce	Tomato-based sauces with and without meat, vegetables, and/or cheese added. Includes pizza sauce and tomato-based pasta sauces.	591	550	510	640	370	570
44	Cheese-based Sauce	Cheese-based sauces, e.g. nacho cheese sauce. Includes cheese sauces with and without additions.	708	734	670	840	550	710
45	Cream-based Sauce	Cream-based sauces, e.g. alfredo sauce. Includes cream sauces with and without additions.	526		400	590	240	430
46	Gravy	Gravy, e.g. ready-to-eat, refrigerated, and frozen gravy. Excludes gravy in dry-mix form (see 52).	542	748	520	660	370	490
47	Condiments	Condiments, e.g. catsup/Ketchup, mustard, barbecue sauce, tartar sauce, Worcestershire sauce, steak sauce, and hot pepper sauce.	1140	919	900	1200	760	1050
48	Cheese-based Dips	Processed or other cheese-based dips, e.g. salsa con queso and cheese fondue.	963	901	820	1070	610	880

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49	Cream-based Dips	Dips with sour cream, cream cheese, yogurt, oil-based emulsion, and/or mayonnaise bases.	654		590	730	470	630
50	Bean-based Dips	Bean-based dips, e.g. hummus and refried bean-based dips.	525		470	610	360	500
51	Vegetable/fruit-based Dips	Dips with vegetable and fruit bases, e.g. salsa, chutney, and guacamole.	716	529	500	740	350	610
52	Dry Seasoning and Dry Sauce Mixes	Dry seasoning mix and dry sauce mix, e.g. spice rubs, dry dip mix, dry salad dressing mix, and dry gravy mix.	22460		18000	27700	9800	19800
53	Batters and Coatings	Batter mixes for coating. Excludes bread crumbs (see 62).	2094		1750	2500	1240	1970

Table 1.07: Cereals - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
54	Ready-to-Eat Cereal, Flakes	Ready-to-eat, flaked cereal, e.g. corn flakes, wheat flakes, and other extruded flakes.	647		550	800	360	560
55	Ready-to-Eat Cereal, Puffed	Ready-to-eat, puffed cereal, e.g. puffed whole grain cereal, extruded gun-puffed cereal, oven-puffed cereal, and extruded expanded cereal.	563		470	650	310	510
56.a	Prepared Cooked Cereal	Cooked cereal as prepared, e.g. oatmeal, grits, cornmeal, whole wheat cereal, wheat cereal, bulgur, and couscous.		122	100	190	70	100
56.b	Dry Mix Instant Cereal	Dry mix instant cooked cereal, e.g. oatmeal, cornmeal, bulgur, and farina.	554		460	610	300	500
57	Cereal and Granola Bars	Bars with cereal and/or granola.	339		280	380	190	310

Table 1.08: Bakery Products - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
58	White Bread	White bread and rolls, ready-to-eat and frozen, e.g. sourdough, potato, and pita bread. Includes white bread with fruit added.	523	519	440	570	300	460
59	Wheat and Mixed Grain Bread	Wheat and mixed grain bread and rolls, ready-to-eat and frozen, e.g. bread made from whole wheat, multigrain, oatmeal, and cornmeal. Includes wheat, mixed grain breads and rolls with additions.	471	471	420	540	300	410
60	Garlic and Cheese Bread	Seasoned garlic bread or rolls with and without cheese. Includes breadsticks.	596	615	550	690	420	600
61	Rye Bread	Rye and pumpernickel breads.	629	650	540	710	350	540
62	Breadcrumbs and Croutons	Breadcrumbs, croutons.	1121	1045	950	1320	640	980
63	Bagels and Soft Pretzels	Ready-to-eat and frozen bagel and soft pretzels.	471	444	420	530	320	450
64	English Muffins	Ready-to-eat English muffins.	378	448	360	430	300	370
65	Sweet Rolls	Ready-to-eat and frozen sweet rolls, e.g. cinnamon buns and Danish pastry. Includes sweet rolls with nuts, fruit, and sweet toppings such as glazes and icing.	348	335	300	380	220	310
66	Croissants	Ready-to-eat and frozen croissants. Includes croissants with additions, toppings, and/or fillings. Excludes croissant dry mix (see 80).	281	342	260	370	160	230
67.a	Frozen Biscuits	Frozen biscuits and biscuit dough. Includes frozen biscuits with cheese and other additions.	954		820	1010	500	600
67.b	Prepared Biscuits	Prepared biscuits. Includes prepared biscuits with cheese and other additions.		841	660	900	420	680
68	Cornbread	Prepared cornbread. Includes prepared cornbread muffins.		516	460	620	350	460
69	Muffins	Includes all frozen, ready-to-eat, and prepared muffins. Excludes cornbread (see 68) and dry muffin mix (see 80).	328	369	300	400	180	270



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70	Tortillas and Wraps	Tortillas and wraps made from wheat and other flours.	750	600	580	820	410	700
71	Hard Taco Shells	Hard taco shells made from corn, wheat, and other flours.	591		490	680	320	530
72	Crackers	Crackers, e.g. graham crackers and soda crackers. Includes cheese flavored and crackers with other flavors. Excludes animal crackers (see 77).	905		750	1020	500	760
73	Cheesecake	Cakes made with soft and/or fresh cheeses with or without grain crust.	221	264	210	260	140	200
74	Cake	Ready-to-eat cakes, cupcakes, and snack cakes. Includes cakes with and without icing and/or sweet fillings. Excludes dry cake mix (see 80).	323	323	270	390	180	270
75	Pastries, Pie, and Cobbler	Ready-to-eat and frozen pies and other pastries with fruit-based and other sweet fillings e.g. cobbler, tarts, and turnovers. Includes puff pastry-based products.	245	269	220	290	160	230
76	Donuts	Cake donuts, yeast-raised donuts, and donut holes. Includes donuts with toppings and glazes.	365	377	310	410	180	310
77	Cookies	Ready-to-eat cookies. Includes sandwich cookies with filling, wafers, and animal crackers.	360	347	300	430	220	330
78.a	Frozen/Refrigerated Breakfast Bakery Products	Frozen or refrigerated pancakes, waffles, French toast, and other similar breakfast bakery products.	565		420	580	200	430
78.b	Prepared Breakfast Bakery Products	Prepared pancakes, waffles, French toast, and other similar breakfast bakery products.		412	340	420	200	330
79	Frozen/Refrigerated Dough and Batter	Frozen or refrigerated dough and batters for bread/rolls, cookies, croissants, pancakes, pie shells, pizza crust, etc. Excludes frozen biscuit dough (see 67.a).	480		400	500	260	410
80	Bakery Dry Mixes	Shelf stable dry mixes for bread, cakes, cookies, pancakes, etc.	754		640	925	450	720

Table 1.09: Meat and Poultry - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
81	Deli Meats - Ham	Sliced ham deli meat. Excludes bone-in hams.	1168		1020	1300	810	1120
82	Deli Meats - Beef	Sliced beef deli meat, e.g. roast beef, corned beef, and pastrami.	1120		980	1280	750	1030
83	Deli Meats - Turkey/Chicken	Sliced chicken and turkey deli meat.	990		900	1160	780	1030
84	Deli Meats - Loaves/Mixtures	Meat-based loaves and mixtures. Includes canned deli meat and meat-based loaves with cheese.	1213		1070	1390	850	1200
85	Frankfurters, Hot Dogs, and Bologna	Beef, pork, and poultry-based frankfurters, hot dogs, wieners, and bologna. Includes mixed meat products. Excludes corn dogs and hot dogs with bun (see 122).	1012		900	1150	730	1000
86	Uncooked Sausage	Fresh meat and poultry sausages not precooked. Includes both breakfast and dinner-type products in patty, link, and ground form.	616		590	740	550	680
87	Precooked Sausage	Precooked meat and poultry sausages. Includes both breakfast and dinner-type products in patty and link form.	936		850	1090	750	950
88.a	Uncooked Bacon	Frozen or refrigerated, uncooked cured and uncured bacon. Excludes Canadian bacon (see 96).	581		530	680	450	600
88.b	Cooked Bacon	Cooked cured and uncured bacon. Excludes Canadian bacon (see 96), bacon bits, and bacon bits/pieces (see 103).		1973	1700	2160	1200	1780
89	Salami and Pepperoni	Hard, dry beef and pork products, e.g. salami and pepperoni. Excludes salami cotto.	1806		1630	2000	1300	1730
90	Jerky and Prosciutto	Meat/poultry/fish jerky and pork prosciutto.	1718		1575	2050	1400	1840
91	Bone-in, Non-Breaded/Battered Poultry	Frozen, refrigerated, or prepared bone-in poultry without breading or batter. Includes products in sauce.	367	506	330	520	230	430



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92	Bone-in, Breaded/Battered Poultry	Frozen, refrigerated, or prepared breaded and/or battered poultry containing the bone, e.g. breaded chicken wings. Includes products in sauce.	599	796	570	710	380	570
93.a	Boneless, Non-Breaded/Battered, Uncooked Poultry	Frozen or refrigerated, uncooked boneless poultry without breading and/or batter. Includes products in sauce.	240		210	310	150	230
93.b	Boneless, Non-Breaded/Battered, Precooked Poultry	Frozen, refrigerated, precooked, or prepared boneless poultry without breading and/or batter. Includes products in sauce.	442	458	390	520	280	400
94	Boneless, Breaded/Battered Poultry	Frozen, refrigerated, or prepared breaded and/or battered boneless poultry pieces. Includes products in sauce.	707	761	660	860	500	670
95	Reformed/Restructured, Breaded/Battered Chicken	Frozen and prepared reformulated/restructured cooked chicken products, e.g. nuggets and breaded patties.	582	690	570	710	420	570
96	Cured/Smoked Pork and Canadian Bacon	Cured or smoked hams, and pork loins. Includes Canadian bacon. Excludes uncooked and fully cooked bacon (see 88.a and b).	1065	1198	970	1220	800	1070
97	Whole Muscle Pork	Whole muscle pork with sauce/marinade or preseasoned, e.g. ribs and pork chops.	535	638	510	590	430	540
98	Whole Muscle Beef	Frozen beef cuts with sauce/marinade or preseasoned.	434	482	390	490	340	440
99	Reformed/Shaped Beef	Refrigerated or frozen precooked beef patties, burgers, and meatballs.	563	508	480	640	380	550
100	Canned Meat	Shelf stable canned beef, e.g. canned corned beef.	895		800	1000	600	820
101	Canned Sausage	Shelf stable canned meat sausages, e.g. Vienna sausages.	712		630	830	480	690
102	Canned Poultry	Shelf stable canned poultry, e.g. canned chicken breast chunks. Excludes canned poultry sausages (see 101).	349		320	430	290	350
103	Bacon Bits/Pieces	Shelf stable real and imitation bacon bits and pieces.	2534	1923	1850	2590	1000	1950

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
104	Meat Substitutes and Analogues	Frozen or refrigerated vegetarian meat substitutes, e.g. veggie bacon, veggie meatballs, and veggie patties etc. Includes marinated or seasoned soy products, e.g. tofu.	299		280	420	240	320

Table 1.10: Fish and Other Seafood - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
105	Non-Breaded Fish and Other Seafood	Frozen, uncooked, and not breaded fish fillets and shellfish.	409		380	550	310	370
106	Breaded Fish and Other Seafood	Frozen, precooked, and breaded fish fillets and shellfish.	528		470	620	370	530
107	Canned Fish and Seafood	Canned fish and shellfish, e.g. tuna, sardines, crab, and clams in water, oil or sauce, e.g. tomato or mustard sauce. Excludes canned anchovies (see 108).	411		360	460	260	390
108	Canned Anchovies	Canned anchovies. Includes canned anchovies with additions.	3099		2850	3440	2400	3090

Table 1.11: Snacks - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
109	Unflavored Potato and Vegetable Chips	Salted potato and other vegetable chips. Includes both reformulated chips/crisps and sliced chips. Excludes chips with other seasonings in addition to salt (see 110).	585	624	500	650	250	480



Food Category ID	Food Category Name ¹	Food Category Description	2010 Baseline ² Sales-Weighted Mean ³ (P)	2010 Baseline ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
110	Flavored Potato and Vegetable Chips	Salted potato and other vegetable chips with additional flavor seasonings, e.g. barbeque or sour cream. Includes both reformed chips/crisps and sliced chips.	774		630	830	380	630
111	Unflavored Grain Chips	Salted corn, wheat, multigrain, and rice chips, e.g. salted tortilla chips. Excludes grain chips with other seasoning in addition to salt (see 112).	438	448	390	510	300	410
112	Flavored Grain Chips	Salted and seasoned corn, wheat, multigrain, and rice chips, e.g. cheese flavored salted corn chips.	674		590	750	450	610
113	Puffed Corn Snacks	Seasoned, extruded/puffed corn snacks, e.g. puffed corn snack with cheese or onion seasonings.	1075		870	1190	550	900
114	Puffed Rice Snacks	Seasoned puffed rice, e.g. puffed rice cakes and puffed rice snacks. Includes sweet and savory flavored/seasoning puffed rice snacks, e.g. caramel, cheese, or butter flavor.	941		750	1190	400	770
115	Popcorn	Microwave-ready, stove-top, and ready-to-eat flavored popcorn, e.g. butter flavor microwave-ready popcorn and cheese flavor ready-to-eat popcorn. Excludes unseasoned kernels.	846		680	960	400	720
116	Pretzels	Salted hard pretzels. Includes sweet and savory flavored, filled, and unfilled pretzels snacks, e.g. chocolate covered pretzels and pretzels filled with cheese.	1214		1020	1460	750	1150
117	Snack Mixes	Multiple component dry snack mixes containing cereal, nuts, pretzels, and/or dried fruits. Includes trail mix.	953		860	1130	700	930

Table 1.12: Sandwiches - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
118	Beef/Pork-based Sandwiches	Sandwiches and wraps primarily containing beef and/or pork. Includes sandwiches and wraps containing sausages. Excludes sandwiches and wraps containing dry/cured meat (see 120) and deli meat (see 121).		505	420	560	280	430
119	Poultry/Fish-based Sandwiches	Sandwiches and wraps primarily containing poultry, fish and/or seafood. Includes sandwiches and wraps containing poultry/seafood based salads, e.g. chicken salad and tuna salad. Excludes deli meat sandwiches and wraps (see 121).		553	470	640	310	490
120	Dry/Cured Meat-based Sandwiches	Sandwiches and wraps primarily containing dry/cured meats, e.g. salami and pepperoni.		656	540	750	330	560
121	Deli Meat-based Sandwiches	Sandwiches and wraps primarily containing deli meats. Excludes sandwiches and wraps containing dry/cured meat (see 120).		589	480	660	290	510
122	Hot Dogs on Buns and Corn Dogs	Frozen or prepared corn dogs, hot dogs, or frankfurters on buns or other breads. Includes prepared meat and/or poultry, and veggie hot dogs and frankfurters.	689	731	610	760	400	620
123	Breakfast Sandwiches On Biscuits	Frozen, refrigerated, or prepared breakfast sandwiches on biscuits.	736	805	660	810	440	650
124	Breakfast Sandwiches Not on Biscuits	Frozen, refrigerated, or prepared breakfast sandwiches not on biscuits, e.g. bagel, croissant, and English muffin breakfast sandwiches. Includes breakfast burritos.	624	636	540	670	360	550
125	Vegetarian Sandwiches	Sandwiches without meat, poultry, or seafood, e.g. grilled cheese sandwiches, sandwiches with meat substitutes, and peanut butter and jelly sandwiches.		571	490	740	340	500

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
126	Hamburgers/Ground Meat Sandwiches: Without Cheese	Hamburgers/ground meat sandwiches without cheese and with or without toppings, e.g. bacon, vegetables, and condiments. Includes hamburgers and ground meat sandwiches made with poultry or seafood patties.		416	340	480	220	390
127	Hamburgers/Ground Meat Sandwiches: With Cheese	Hamburgers/ground meat sandwiches with cheese and with or without toppings, e.g. bacon, vegetables, and condiments. Includes hamburgers and ground meat sandwiches made with poultry or seafood patties.		586	480	630	300	470

Table 1.13: Mixed Ingredient Dishes - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
128	Frozen Meals/Entrees	Frozen meals and entrees ready-to-eat after heating, e.g. frozen pot pies, frozen lasagna, and frozen burritos. Excludes frozen pizzas (see 145a, 146a).	332		280	390	180	290
129	Grain-based Meals/Entrees, Dry-Mix	Shelf stable meals from dry mix which contain grains, e.g. pasta, rice, couscous, wheat, legumes, and dry seasoning mixes or sauces, e.g. macaroni and cheese, seasoned rice, and tabouli. Includes mixes that require the addition of other ingredients, e.g. meat, butter, milk, etc.	895		750	1140	490	770
130	Canned Meals	Shelf stable canned meals, e.g. pasta in sauce with or without meat, chili, and baked beans with or without meat.	397		330	440	220	350



Food Category ID	Food Category Name ¹	Food Category Description	2010 Baseline ² Sales-Weighted Mean ³ (P)	2010 Baseline ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
131	Combination Meals/Platters	Prepared meals presented/listed as combination meals or platters, e.g. breakfast platters and "surf and turf" meals. Excludes frozen entrees (see 128) and dry mix meals (see 129).		502	420	570	290	450
132	Grain-based Dishes	Prepared noodle, rice, and pasta dishes, e.g. fried rice, macaroni and cheese, and fried noodles. Includes dishes with meat, poultry, seafood, dairy, and/or vegetable additions. Excludes frozen entrees (see 128), dry mix meals (see 129), and sushi.		406	340	470	220	370
133	Vegetable-based Dishes	Prepared vegetable-based or vegetarian mixed ingredient dishes and entrees, e.g. green bean casserole, stuffed eggplant, and vegetable stir-fry. Includes vegetarian dishes with meat substitutes. Excludes frozen entrees (see 128) and dry mix meals (see 129).		344	290	390	190	310
134	Egg-based Dishes	Prepared egg-based mixed ingredient dishes, e.g. omelets, quiche, and soufflés. Excludes frozen entrees (see 128) and dry mix meals (see 129).		444	360	490	230	400
135	Meat/Poultry-based Dishes	Prepared meat and/or poultry mixed ingredient dishes and entrees, e.g. meat/poultry pot pies and pot roast. Excludes frozen entrees (see 128) and dry mix meals (see 129).		517	440	630	300	450
136	Seafood-based Dishes - With Breading	Prepared, breaded seafood based mixed ingredient dishes and entrees, e.g. fried breaded shrimp, fish sticks and crab cakes. Excludes frozen meals/entrees (see 128) and dry mix meals (see 129).		736	570	820	330	610

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
137	Seafood-based Dishes -Without Breading	Prepared, not breaded seafood based mixed ingredient dishes and entrees, e.g. grilled fish, shrimp scampi, and steamed mussels. Excludes frozen meals/entrees (see 128) and dry mix meals (see 129).		376	320	440	210	340

Table 1.14: Salads - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ^{4*} (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ^{4*} (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
138	Lettuce/Green Salads: With Additions - With Dressing	Green salads with dressing and additions/toppings containing added sodium, such as cheese, croutons, meat, and salted nuts. Excludes taco salads.		323	280	400	210	310
139	Lettuce/Green Salads: With Additions - Without Dressing	Green salads without dressing and with additions/toppings containing added sodium, such as cheese, croutons, meat, and salted nuts. Excludes taco salads.		257	220	310	150	250
140	Lettuce/Green Salads: Without Additions - With Dressing	Green salads with dressing and without additions/toppings containing added sodium, such as cheese, croutons, meat, and salted nuts.		329	280	400	200	320
141	Seafood/Meat-Based Salads	Refrigerated, prepared seafood, meat, and poultry-based salads, e.g. chicken salad and tuna salad. Excludes lettuce and other leafy green based salads (see 138-140).	458	574	450	610	350	480
142	Grain/Vegetable-Based Salads	Refrigerated, prepared grain and vegetable-based salads, e.g. pasta salad, potato salad, and legume based salads. Excludes lettuce and other leafy green based salads (see 138-140).	411	253	250	430	140	290

Table 1.15: Other Combination Foods - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
143	Filled Dough Appetizers	Savory, prepared filled dough appetizers, e.g. dumplings, egg rolls, potstickers, samosas, savory turnovers, and sandwiches in pastry. Excludes sweet and/or fruit filled dough prepared snacks.		481	330	490	240	380
144	Cheese-based Appetizers	Breaded, baked or fried prepared cheese-based appetizers and snacks, e.g. fried mozzarella sticks and baked cheese curds.		819	640	920	470	740
145.a	Pizza: With Meat/Poultry or Seafood - Frozen	Frozen pizza with meat, poultry, and/or seafood toppings. Includes pizza without cheese, pizza snacks, Stromboli, and calzones with meat, poultry and/or seafood.	572		480	640	310	490
145.b	Pizza: With Meat/Poultry or Seafood - Not Frozen	Prepared pizza with meat, poultry, and/or seafood toppings. Includes pizza without cheese, Stromboli, and calzones with meat, poultry and/or seafood.		523	460	630	310	490
146.a	Pizza: Without Meat/Poultry or Seafood - Frozen	Frozen pizza without meat, poultry, and/or seafood toppings, e.g. pizza with cheese only or pizza with vegetable or fruit toppings. Includes pizza without cheese, pizza snacks, Stromboli, and calzones with no meat, poultry or seafood.	508		420	570	260	420
146.b	Pizza: Without Meat/Poultry or Seafood - Not Frozen	Prepared pizza without meat, poultry, and/or seafood toppings, e.g. pizza with cheese only or pizza with vegetable or fruit toppings. Includes pizza without cheese, Stromboli, and calzones with no meat, poultry or seafood.		465	400	550	260	400
147	Tacos, Burritos, and Enchiladas	Tacos, burritos, enchiladas, fajitas, taquitos, nachos, quesadillas, etc.		487	390	560	220	380

Table 1.16: Baby/Toddler Foods - Categories and Targets

Food Category ID	Food Category Name ¹	Food Category Description	2010 Baselines ² Sales-Weighted Mean ³ (P)	2010 Baselines ² Sales-Weighted Mean ³ (R)	Short-Term Goals (2 years) Sales-Weighted Target Mean ⁴ (R & P)	Short-Term Goals (2 years) Upper Bound ^{5**} (R&P)	Long-Term Goals (10 years) Sales-Weighted Target Mean ⁴ (R&P)	Long-Term Goals (10 years) Upper Bound ^{5**} (R&P)
148	Toddler Meals and Entrees	Frozen and shelf stable meals and entrees labeled for toddlers.	226		200	270	175	240
149	Baby/Toddler Snacks: Cookies/Biscuits	Cookies, biscuits, and grain-based bars labeled for babies and toddlers.	272		250	310	220	270
150	Baby/Toddler Snacks: Seasoned Puffs	Seasoned extruded snacks labeled for babies and toddlers.	624		550	715	400	610

¹Represents a grouping of food products at the level for which a draft sodium reduction target is proposed. The category product inclusions are not confined to a specific industry sectors (e.g. packaged foods, prepared foods) or point of purchase.

²The amount of sodium in a category that represents the 2010 U.S. food supply. Baselines were calculated using product nutrition information from commercially available databases and public websites. Nielsen ScanTrak scanner data was used for sales weighting packaged foods and restaurant chain annual sales were used for weighting items at major restaurant chains.

³A measurement of sodium content calculated by weighting individual products by sales volume. The sales-weighted sodium measures used throughout the draft guidance are defined as the average sodium content in milligrams per 100 grams of all products in a food category except where otherwise stated. A sales-weighted mean gives more weight to items that sell more, thereby providing a preferred monitoring metric for evaluating future sodium reduction progress.

⁴The goal sodium level for the category, calculated as the sales-weighted mean sodium level.

⁵The maximum goal upper bound sodium content of an individual food product or menu item included in a food category.

⁶Sodium concentration values are based on mg sodium per 100 ml.

NOTES

- P = Packaged; R = Restaurant; both = P and R; (baseline values are based on data available for P and R)
- All values are in milligrams (mg) per 100 grams (g)
- *applies to food category
- **applies to individual product
- Category baselines in the table were included where available quality data was deemed adequate for representing the category as a whole. The baselines are provided in two separate columns based on the data source used to calculate the baseline value (consumer product good packaged data vs restaurant data). The data source of a baseline level does not imply that target means are specific solely to that industry sector.
- The column headers in the table indicate the data source used to calculate the respective baseline value. The data source used for the restaurant baseline calculation currently consists of a subset of restaurants from 2010 top 100 chains.
- The target mean levels and upper bounds are for food categories and products, respectively, and can be used by firms to assess their own portfolio. Baselines and targets do not include products labeled low/reduced sodium products.